



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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MIXED MEDICATIONS CAN SPELL DANGER, EVEN DEATH *Older Adults Urged to Attend Meet the Pharmacist Days*

One of the most underutilized health professionals is someone seniors probably see regularly, but seldom talk to – their pharmacist.

The Health and Human Services Agency's (HHSA) Aging & Independence Services and several community partners are coordinating four free Meet the Pharmacist days this month, where local pharmacists will be available for free, private consultations.

"Making sure our seniors have the information and knowledge to remain safe and healthy is a key component of our Live Well, SanDiego! 10-year countywide initiative to build better health in the region," said Nick Macchione, Director, HHSA.

Older adults are encouraged to bring their medications, including supplements and vitamins, to make sure new pills aren't adversely affected by certain foods or other medications. Pharmacists can also find alternatives for folks having trouble swallowing pills. There will also be speakers, exhibits, health screenings, and educational information.

"Many patients figure they'll just take the new pills with the other medications they're on, and don't always put much thought into potentially dangerous reactions," said Pam Smith, Director HHSA Aging & Independence Services. "But they can make their problem worse by not taking a medication properly."

Meet the Pharmacist day's and times:

- **Sept. 27** (Tuesday) – from 9 a.m. to 2 p.m. at the War Memorial Building, 3325 Zoo Dr., in Balboa Park.
- **Sept. 28** (Wednesday) – from 10 a.m. to 2 p.m. at the Kimball Senior Center, 1221 D Ave., National City.

Reservations are required; please call **(877) 926-8300**.

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